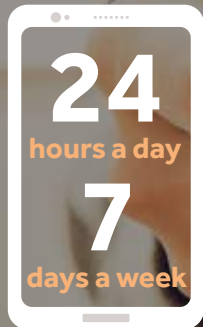




Anna Freud
National Centre for
Children and Families



Feeling overwhelmed? Struggling to cope?



Text AFC to 85258

Text the free, confidential textline

All texts are answered by trained volunteers,
with support from experienced clinical specialists